

PROFILES

School Health Profiles

What is the School Health Profiles (Profiles)?

The School Health Profiles is a biennial survey conducted by state and local education and health agencies among middle/junior and senior high school principals and lead health education teachers. Profiles monitors the current status of:

- School health education requirements and content
- Physical education requirements
- Asthma management activities
- Food service
- Competitive foods practices and policies
- Family and community involvement in school health programs
- School health policies on HIV and AIDS prevention, tobacco-use prevention, violence prevention, and physical activity

How are Profiles data used?

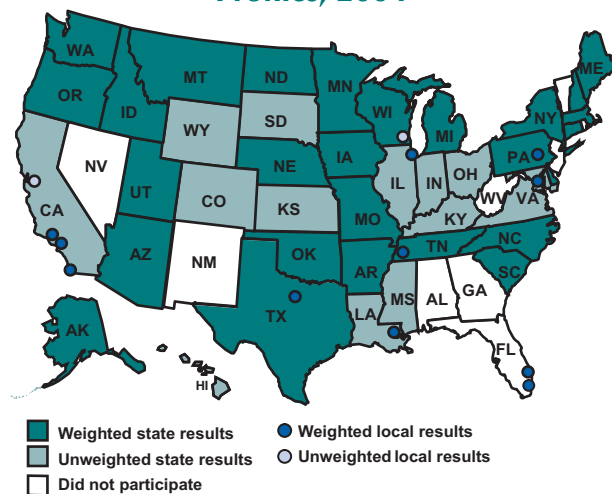
State and local education and health officials use Profiles data to:

- Advocate for required health education
- Identify health education topics and skills that are taught
- Identify parent and community involvement in health education
- Identify topics for staff development
- Improve school health programs and policies
- Determine how well schools address the health and safety needs of their students

How do specific states and school districts use their Profiles data?

- The Maine School Health Coalition used Profiles data to guide professional development for health education teachers and created physical education and nutrition fact sheets for a legislative breakfast to support a bill to make health education part of the core curriculum.
- North Dakota published *Connecting the Links between Health and Academics – 2002 School Health Education Profile (SHEP)* to disseminate their Profiles results and publish recommendations to improve school health. They also presented their Profiles data to tobacco-use prevention coordinators, the Department of Health, the Rough Rider Health Promotion Conference, the Workforce Safety Board, and the School Health Interagency Workgroup to help them develop school health policies and to provide an update on the status of school health in North Dakota.
- Missouri developed Promoting Healthy Weight in Missouri's Children using data from Profiles on competitive foods. This document is a guide for state and local officials to use for developing public policies that affect youth; for parents to use for creating a healthy family lifestyle; and for school and community leaders to ensure healthier and safer environments.
- In Delaware, Profiles data were used by the Health Education Commission to guide the development of a 90-hour course in health education curriculum, instruction, and assessment for advanced-level teacher training.

State and Local Participation Profiles, 2004

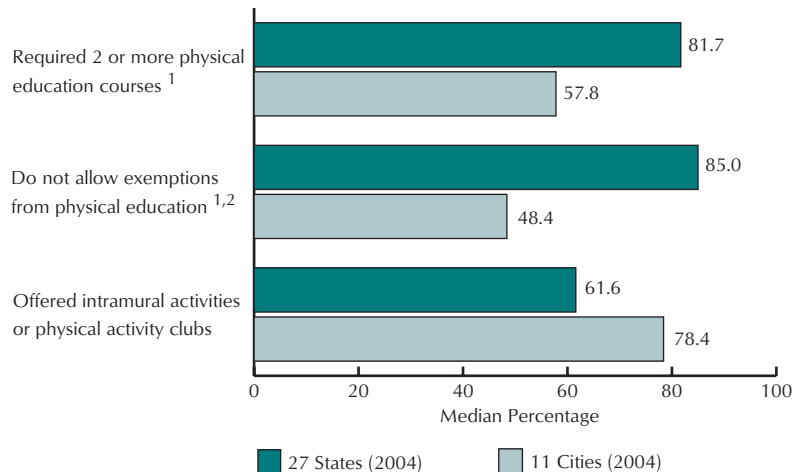
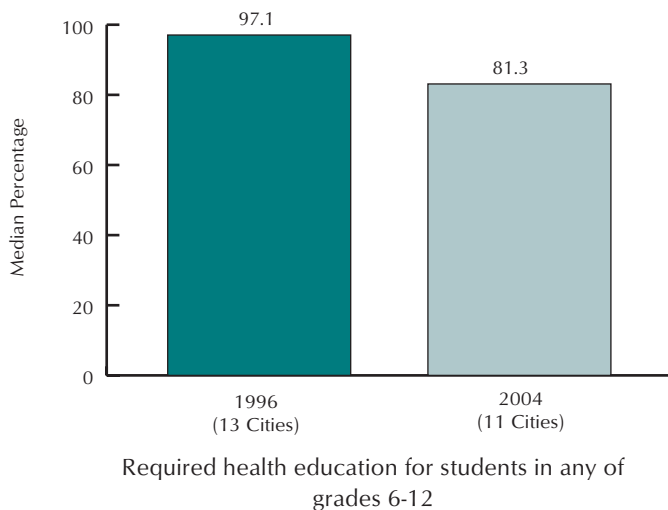


U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How is Profiles conducted?

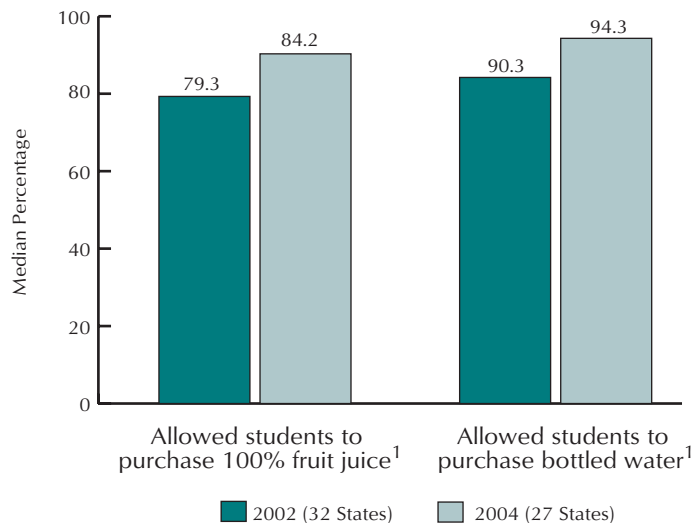
Profiles is conducted among a sample of secondary schools in a state or school district, and Profiles data are collected from the principal and the lead health education teachers at each sampled school using self-administered questionnaires. In 2004, Profiles was conducted by 41 states and 13 cities. The average number of principals participating was 206 and the average number of teachers participating was 193.

What are some results from Profiles data?

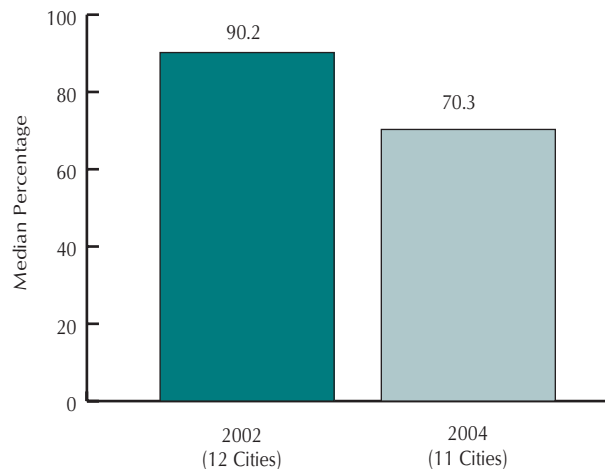


¹ Among schools that require physical education.

² Because of enrollment in other courses or participation in sports or school activities.



¹ Among schools that allowed students to purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar



Allowed students to purchase candy; high-fat snacks; or soft drinks, sports drinks, or fruit drinks that are not 100% fruit juice during school lunch periods¹

¹ Among schools that allowed students to purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar.

Where can I find more information?

For additional resources and assistance with Profiles data, visit www.cdc.gov/HealthyYouth/profiles or call (888) 231-6405.